

Getting involved!

The RSVP Reporter

December 2008

RSVP Louisville Metro Community Action Partnership (CAP)
810 Barret Avenue, 2nd Fl., Louisville, KY 40204

Happy Holidays!

Many communities and cultures celebrate significant days during the month of December. The common themes are desires for increased peace, greater shared love, gratitude for blessings and good fortune, ability to practice religious freedom and strength to make new beginnings.

However you celebrate, be sure to give a thought to those you serve as a volunteer. *You* are a key player in answering their wishes, prayers, & needs.

The staff of RSVP wishes you all the joys of the holiday season ... good health, happy times, a generous spirit and a prosperous new year!

Over 100 enjoy RSVP "Jingle Bells" Party

Over 100 volunteers and guests came out on the rainy Tuesday, December 9th night and enjoyed a luscious buffet, elegant ambience and educational entertainment at the Kentucky Derby Museum.

The surprise of an embroidered "RSVP" scarf & toboggan set capped an evening of "horsing around." Staff will coordinate distribution of these gifts to sites for those who missed the event.

Watch for more social opportunities and events coming in 2009!

2009 MLK project invitations enclosed

Please read the enclosed invitation to the RSVP "Peace Ambassador" program and training. This innovative 40-day program helps you reach inside and then share a more peaceful way of life.

Please join us at the training on Wednesday, January 7, 2009.

New RSVP Program Coordinator

The resident RSVP staff, Carol Huff and Marian Gosling, welcome our new program leader, Nneka Moseley (pronounced Ni-ya-ka). Nneka fills the position from the retirement of Sarah Richie in October - after over 27 years with RSVP.

Ms. Moseley holds a B.S. from Cornell University and a Masters degree from the Harvard Graduate School of Education. Nneka has also been an AmeriCorps participant.

She comes to CAP-RSVP most recently from the Center for Health Equity division of the Louisville Metro Department of Public Health and Wellness Department.

Please welcome her as she begins visiting sites.

New CAP Senior Programs Manager

We also give a belated welcome to Kim Telesford-Mapp. Many folks already know avid bike-rider, enthusiastic Kim Telesford-Mapp. Upon moving to Louisville from Washington, DC, Kim spent some time managing the efforts of the American Heart Association local chapter's public education and volunteer program.

However, she is more often greeted in public as "the Library Lady" - having also worked with great visibility at the Louisville Free Public Library in community outreach.

In Washington, Kim was an FGP Program Director. Her award-winning program had "grand-parents" filling both traditional and innovative roles in child nurturing, development, education and health endeavors.

We are happy to welcome her as she now joins the team at Louisville Metro CAP to oversee the RSVP and the Foster Grandparent Programs. Please welcome Kim when she visits your site.

Year-end!

1) Volunteers and site managers - please make a sincere effort to sign the monthly time sheet provided for sites.

2) Please complete and send in your time sheets and travel and/or meal reimbursement expense requests by **Monday, January 5, 2009.**

Mail to:

Louisville Metro CAP-RSVP

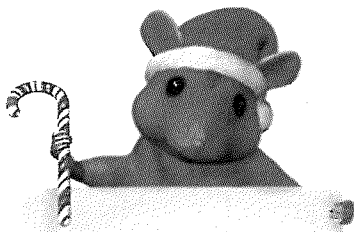
(your RSVP Coordinator's name)

810 Barret Avenue, 2nd Fl.

Louisville, KY 40204

Or, you can fax them in to
574-6554.

Thank you!



Many thanks to all
the volunteers who sent
the RSVP staff
holiday greetings!

Best 2009 New Year's Resolutions

EACH DAY...

To love whole-heartedly

To give unselfishly

To live to the fullest

To learn something new

Try to do something new

To exercise the physical body

To expand the spiritual body

To make a new happy memory

To forgive someone

To honor and protect lesser
creatures as having their own
place in the universe.

New Beginnings

Here is a sample listing of open volunteer positions to start 2009. Please share these opportunities with your family and friends. If they are 55 or over, send them to us first to have the benefits you enjoy!

Call RSVP at **574-7306** or **574-7305!**

American Red Cross:

- Bloodmobile clerical and canteen helpers
- Disaster preparedness educators for children's classes

After School & Weekends at the Library:

- Reading coaches for children
- Math helpers needed - from decimals & fractions to Algebra and Geometry
- Conversationalists (people who just like to meet and talk) to help limited-English speaking folks get more comfortable with their new 2nd language. It's a no-pressure opportunity for you to learn, too!

Baptist East Hospital -

- Beverage cart attendants
- Park Tower information desk receptionists
- Shuttle drivers

Focus group on recycling for apartment complexes -

Volunteers needed to explore a new effort within the RSVP "Litter Gitters". A meeting to be announced later for those interested.

Kentucky Humane Society-

- S.N.I.P. (low-cost spay/neuter) clinics need clerical help for scheduling appointments, answering the phone and light filing.
- Afternoon walkers & manners coaches for dogs awaiting adoption.

Louisville Metro Mobile Meals-

- Deliverers of midday lunches to homebound
- Telephone pals to check on welfare of other elderly still not served by meals

Nazareth Home -

- Mail delivery to residents
- Beauty shop escorts
- Rehab session escorts
- Activities leaders for weekend fun

Norton Pavilion -

Receptionists needed for main lobby

"Teen Talk" Mentors -

- Help with homework

SeniorCare Experts -

- Mobile meal deliverers for Okolona area

VA Medical Center -

- Escort service for documents within the facility
- Mailing appointment reminders to patients
- Information desk attendants
- Pharmacy aides
- Evening and week-end activity leaders for resident patients
- Out-patient clinic helpers
- Clerical assistants for Chaplain's Office